



# Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

## Pepin County Nutrition Coalition

### Contact Information

<b>Main Contact Person</b> Lori Miller, RD
<b>Title of Main Contact</b> WIC Director, Buffalo-Pepin WIC project
<b>Agency Affiliation of Contact</b> Buffalo County DHHS
<b>Contact Phone Number</b> 608 685-4412
<b>Contact Email Address</b> lori.miller@buffalocounty.com

### Program Information

<b>Type of Program</b> Coalition
<b>Year Coalition was Formed</b> 2003
<b>Primary program focus</b> Both Physical Activity & Nutrition
<b>Region</b> Western
<b>County</b> Pepin
<b>Coalition Web Site Address</b> None

### Program Information

<b>Represented Groups on Coalition</b> Business Faith-Based Government Health Dept Schools UW-EX WIC	<b>Represented Professions on Coalition</b> Dietitian Nurse Other
---	--

A Wisconsin Nutrition and Physical Activity Program



# Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Intervention Name

## 10K-A-Day

### Intervention Information

<b>Type of Intervention:</b>
Physical Activity Event
<b>Focus Area:</b>
General Physical Activity
<b>Intervention Site or Setting:</b>
Community
<b>Scope of Intervention:</b>
County
<b>Target Audience:</b>
All races, genders and ages
<b>Total Population in Area Served:</b>
7213 (entire county population)
<b>Number of Participants:</b>
258
<b>Implementation Status:</b>
Annual

**Partners:**

Included many area business that sponsored teams for competition.

**Unique Funding:**

Received additional diabetes funding.

**Evaluation:**

Impact on Knowledge, Attitude & Behavior  
– One time survey, service data and direct observation

**Evidence-Based or Best Practice based on****Products Developed or Materials Used:**

Tool kit Pedometers

**Intervention Description:**

Teams were created by area businesses. There was an exercise competition to see which team would have the greatest average number of steps per person over a 4-week challenge.

A Wisconsin Nutrition and Physical Activity Intervention



# Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Intervention Name

## HealthPerks

### Intervention Information

<b>Type of Intervention:</b> Physical Activity & Nutrition Event
<b>Focus Area:</b> General Physical Activity & Nutrition
<b>Intervention Site or Setting:</b> Community
<b>Scope of Intervention:</b> County
<b>Target Audience:</b> All races, genders and ages
<b>Total Population in Area Served:</b> 7213
<b>Number of Participants:</b> 200
<b>Implementation Status:</b> One-time

<b>Partners:</b> 10 Pepin County businesses
<b>Unique Funding:</b>
<b>Evaluation:</b> Impact on Knowledge, Attitude & Behavior – One time survey, service data and direct observation
<b>Evidence-Based or Best Practice based on</b>

### Products Developed or Materials Used:

Tool kit

### Intervention Description:

Similar to 10-K-A-Day, but participants earn "frequent flyer" miles for other activities besides exercising, like eating fruits/veggies, making a doctor appt., etc.

A Wisconsin Nutrition and Physical Activity Intervention